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Skills

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Skills

stop overthinking
doing too much exercise
catastrophizing life
by jumping to conclusions
without
all of the information,
like
that one time of disappointment
or embarrassment
when you thought you did your worst
but
ended up learning something else
in the midst of failure
It takes a lot
to reframe your thoughts
especially at a time like this
however, realize that the only thing
that is constant is change
and learning to adapt is a huge thing
I mean skill
Because it is your self-esteem, grit and will
that gradually develop and
keep you still
in a place to help you think
about what to do
and that brings

about a change in composure
that will help regulate emotions
which will give you a chance
to get your new vision in focus
write that out
and come up with a new plan
to re-think and become more disciplined
be patient with your growth
and embrace the change
you've overcome an obstacle
and let's be realistic
we celebrate small victories
and that helps to become more optimistic
find your purpose in this world
because you do have a place
and where you are in your journey, right now
is perfect
Be aware of your self
practice self-care
Because above all else is your health
You can't be available
for someone else
if you're not here for yourself
Life is full of challenges
so take them as they come
free your mind
and be like water
fluid enough to change

strong enough to break things

Just know, with that, you've learned to be resilient

I. Pettie Perkins

4.12.2021